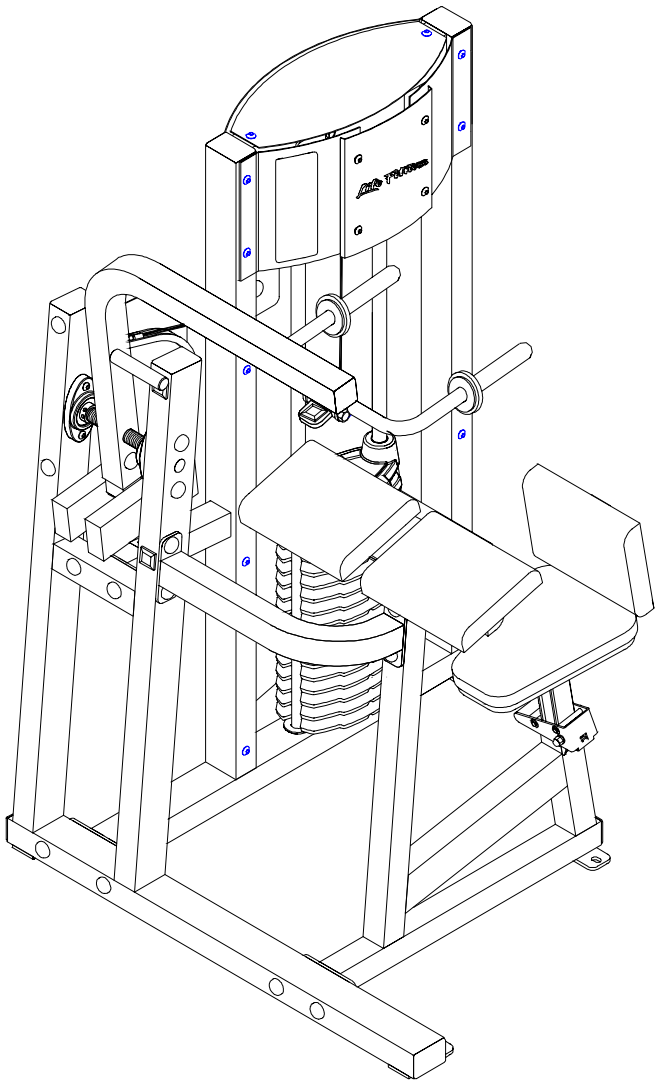
CLUB SERIES TRICEP



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	69928xx	TOWER	1
1A	6988801	CABLE	1
1B	6714901	GUIDE ROD BUSHING	2
1C	6925801	LABEL, KEEP CLEAR	1
1D	6692601	3 X 2 END CAP	3
1E	3102903	3/8-16 X 2.5 BOLT	2
1F	3102933	3/8-16 X 2 BOLT	1
1G	6480301	3/8 SPACER	4
1H	3102514	3/8 FLAT WASHER	2
1I	6866701	3/8 RH WASHER	4
1J	3102807	3/8-16 NYLOCK NUT LOW HT	3
1K	6866601	CAP, RH-20 BLK	4
1L	3222801	4.5" PULLEY	3
2	69911xx	ASSY, ARM SUPPORT	1
3	69901xx	ASSY, HANDLE	1
3A	6994501	RUBBER GRIP	2
3B	6989801	RUBBER STOP	2
4	69897xx	ASSY, PIVOT ARM	1
5	68839xx	GUIDE ROD SUPPORT	1
6	6888902	CAM SHROUD	1
7	6890902	COUNTERBALANCE	1
8	68856xx	CROSS SUPPORT	1
9	71669xx	SEAT SUPPORT	1
9A	6990602	ASSY, SEAT ADJUST BLK	1
9B	6797101	ADJ PLATE	1
9C	6897001	ADJ PLATE 15 POS	1
9D	3234301	SCREW	4
9E	6912202	HINGE	1
9F	6896901	HINGE PIN	2
9G	3102416	END CAP, 2 X 1	3
9H	3221701	E-RING EXTERNAL 3/8	4
10	68888xx	4 X 18" PLATE	1
11	3102901	3/8 X 1-1/4" BOLT	8
12	3102924	3/8 X 1-3/4" BOLT	2
13	3102903	3/8 X 2-1/2" BOLT	3
14	3102922	3/8 X 2-3/4" BOLT	6
15	3102942	3/8 X 3-1/2" BOLT	2
16	3102905	3/8 X 3-3/4" BOLT	4

KEY	PART #	DESCRIPTION	QTY
17	3202404	3/8 X 3" BUTTON HEAD BOLT	4
18	3108406	3/8 X 3/4" FLAT HEAD BOLT	2
19	3102807	3/8" LOW HEIGHT LOCK NUT	21
20	3221501	3/8" ACORN NUT	1
21	3102514	3/8" SAE WASHER	26
22	3114502	3/8" LOCK WASHER	1
23	6886701	3/8" RH WASHER	46
24	3233502	1/2 X 3-1/4" SHOULDER BOLT	1
25	6020601	1/2" FLANGE BEARING	2
26	3203501	PILLOW BLOCK	2
27	6913801	WEIGHT STACK SELECTOR PIN	1
28	3108001	WEIGHT STACK CUSHION	2
29	6866601	BLACK RH CAP	6
30	3222001	1" SHAFT COLLAR	2
31	3116001	1-1/4" RUBBER BUMPER	3
32	6714901	GUIDE ROD BUSHING	2
33	6912801	ACCORDION SLEEVE	2
34	6984101	PLACARD LABEL	1
35	6986301	LANGUAGE PLACARD LABEL	1
36	6925502	HEAD PLATE	1
37	6926901	GUIDE ROD	2
38	6887202	10 LB. WEIGHT PLATE (STD)	15
39	6888402	15 LB. WEIGHT PLATE (OPT)	10
40	69132xx	ARM/CHEST PAD	4
41	69131xx	SEAT PAD	1
42	6971601	WEIGHT STACK LABEL	1
43	3230701	STARLOCK WASHER	4
44	6866602	WHITE RH CAP	40
OR	6866603	PLATINUM RH CAP	40
45	6861902	TOP COVER SHROUD BLK	1
46	6862102	FRONT SIDE SHROUD BLK	2
47	6862007	FRONT PLATINUM SHROUD	1
48	6925302	ASSY, REAR FULL SHROUD	1
OPTION*	6921502	ASSY, FRONT FULL SHROUD	1

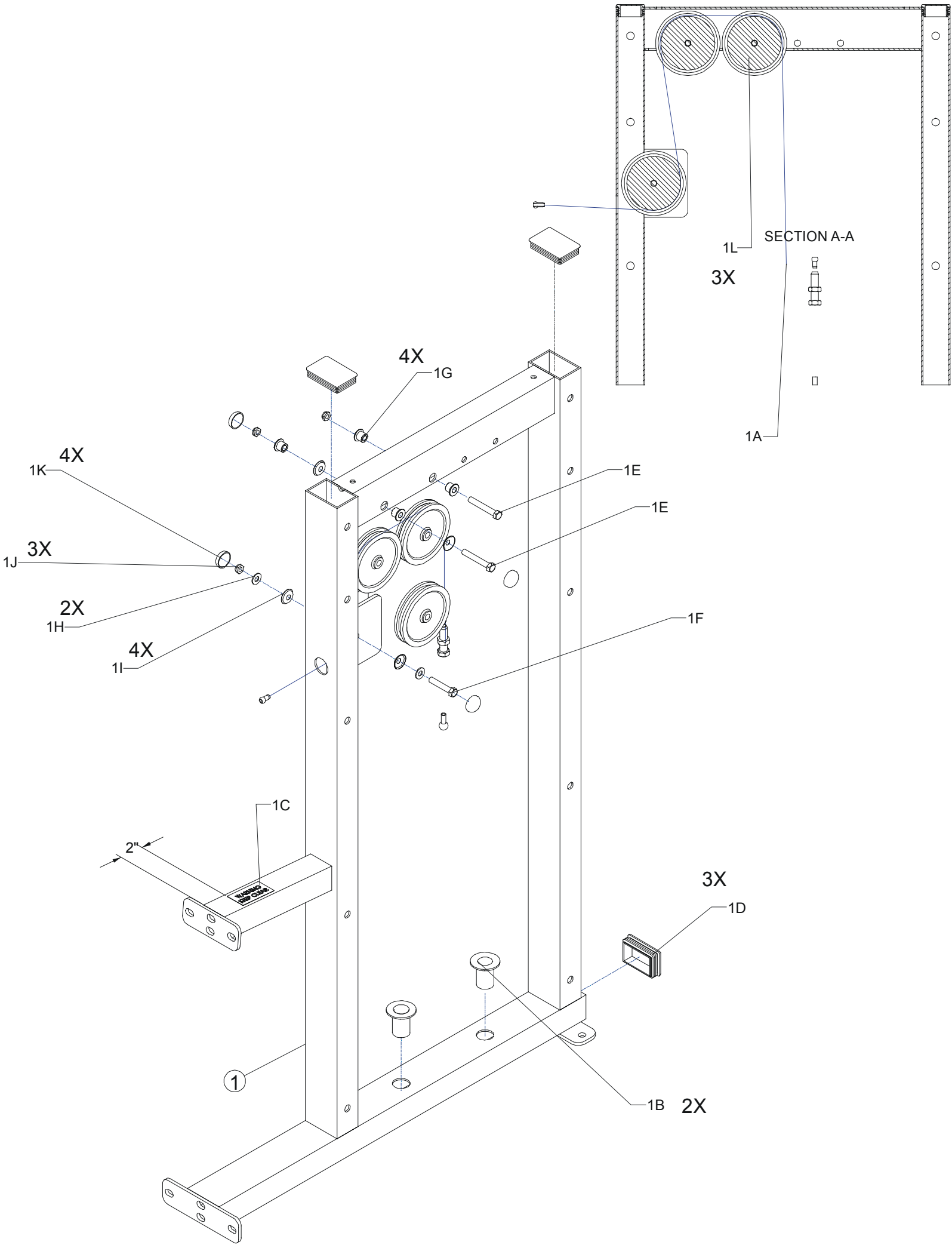
***For all 5 digit part numbers you need to add the color at the end.**
For shrouds and weldments please use the following codes:

xxxxx07	**Denotes Platinum**
xxxxx08	**Denotes White**

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


SECTION A-A
1L
3X
1A
4X
1G
4X
1K
1E
1E
3X
1J
2X
1H
4X
1I
1F
1C
2"
3X
1D
1
1B
2X

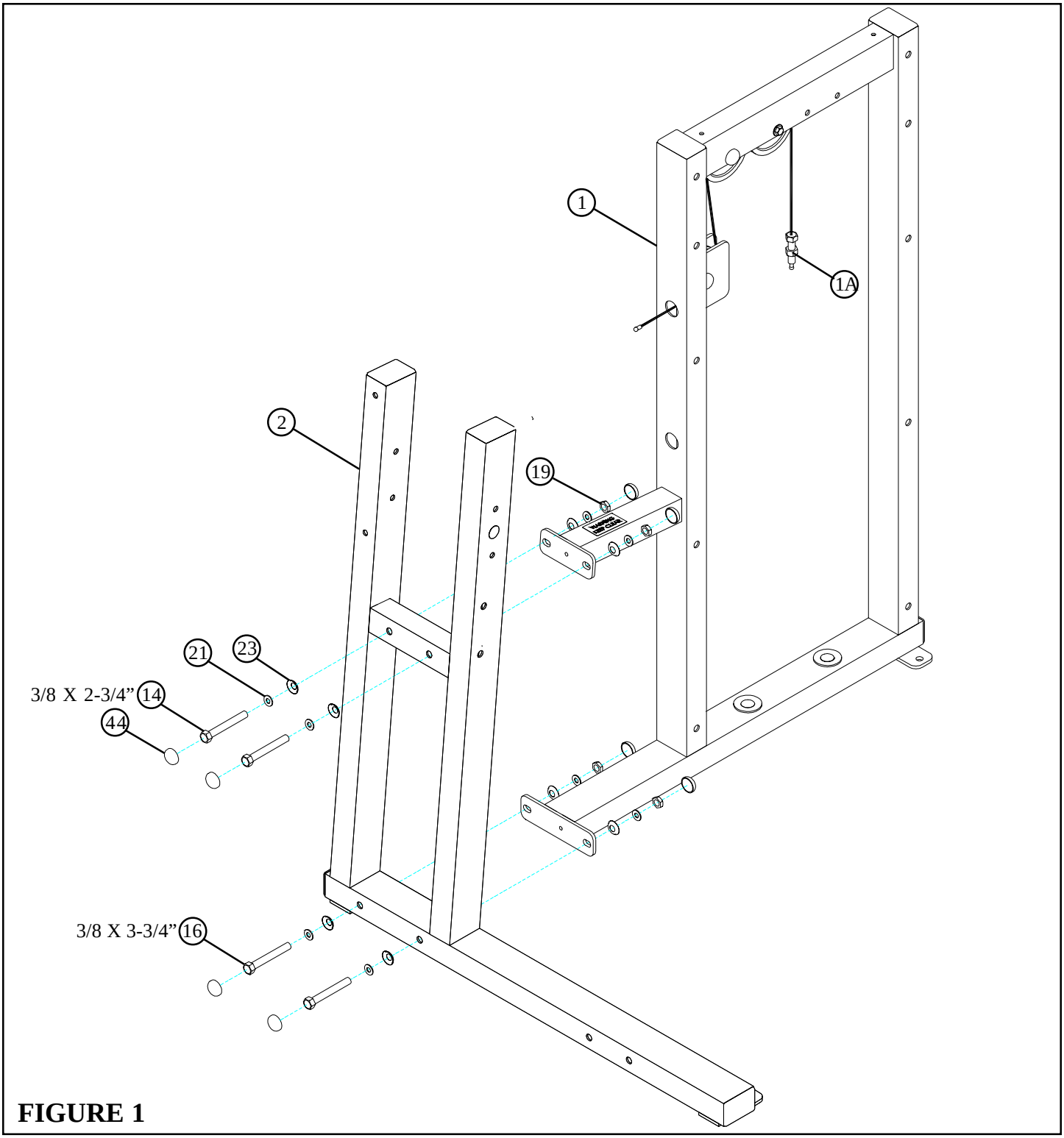
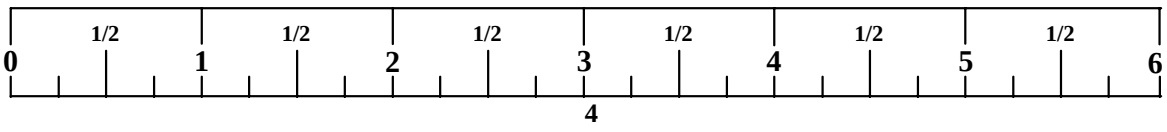


FIGURE 1

STEP 1:

- **LOOSELY** assemble the top of the ARM SUPPORT (2) to the TOWER (1) using four RH CAPS (44), two 3/8 X 2-3/4” BOLTS (14), four 3/8” SAE WASHERS (21), four 3/8” RH WASHERS (23) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.

- **LOOSELY** assemble the bottom of the ARM SUPPORT (2) to the TOWER (1) using four RH CAPS (44), two 3/8 X 3-3/4” BOLTS (16), four 3/8” SAE WASHERS (21), four 3/8” RH WASHERS (23) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.



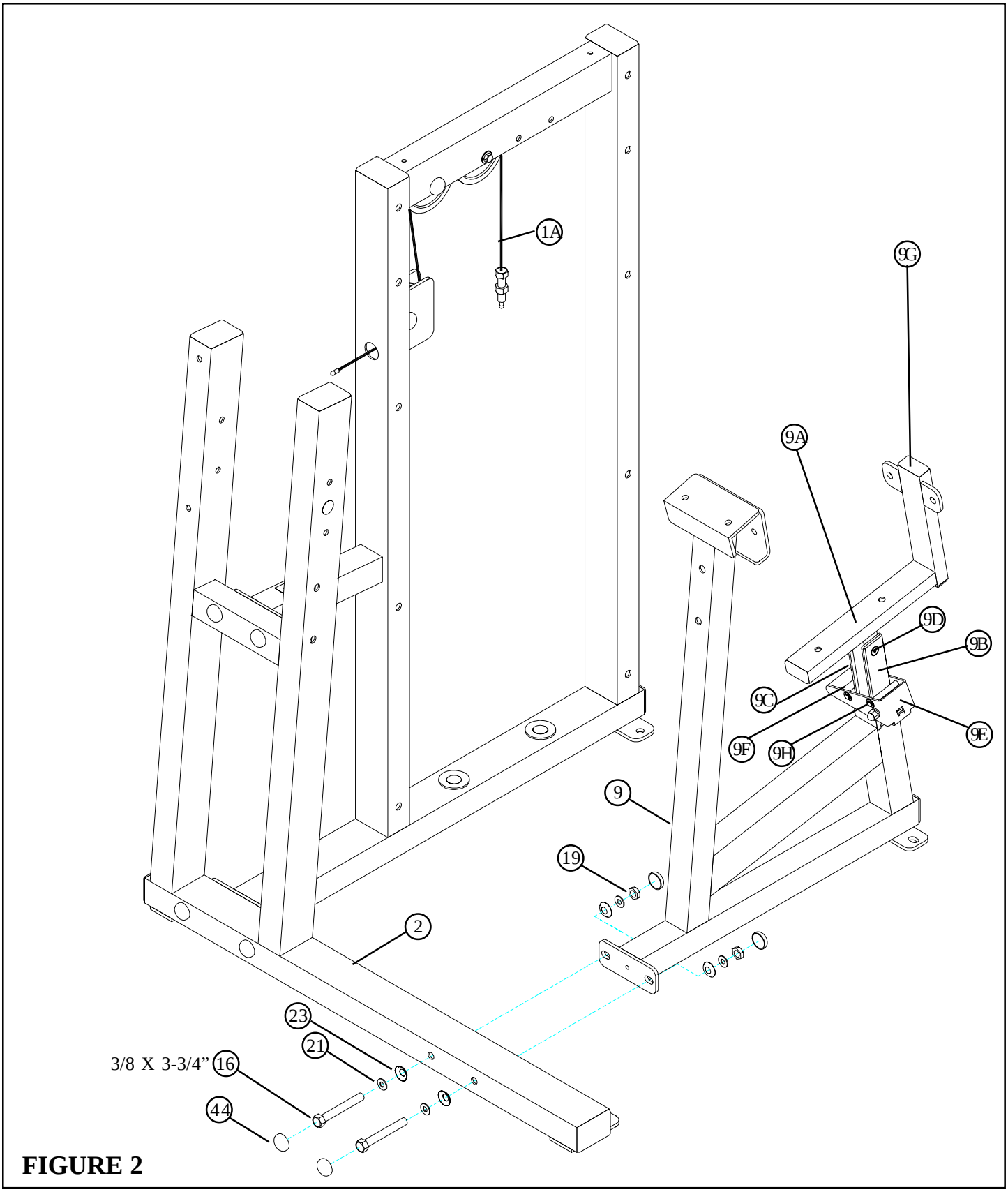


FIGURE 2

STEP 2:

- **LOOSELY** assemble the SEAT FRAME (9) to the ARM SUPPORT (2) using four RH CAPS (44), two 3/8 X 3-3/4" BOLTS (16), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (23), and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 2.

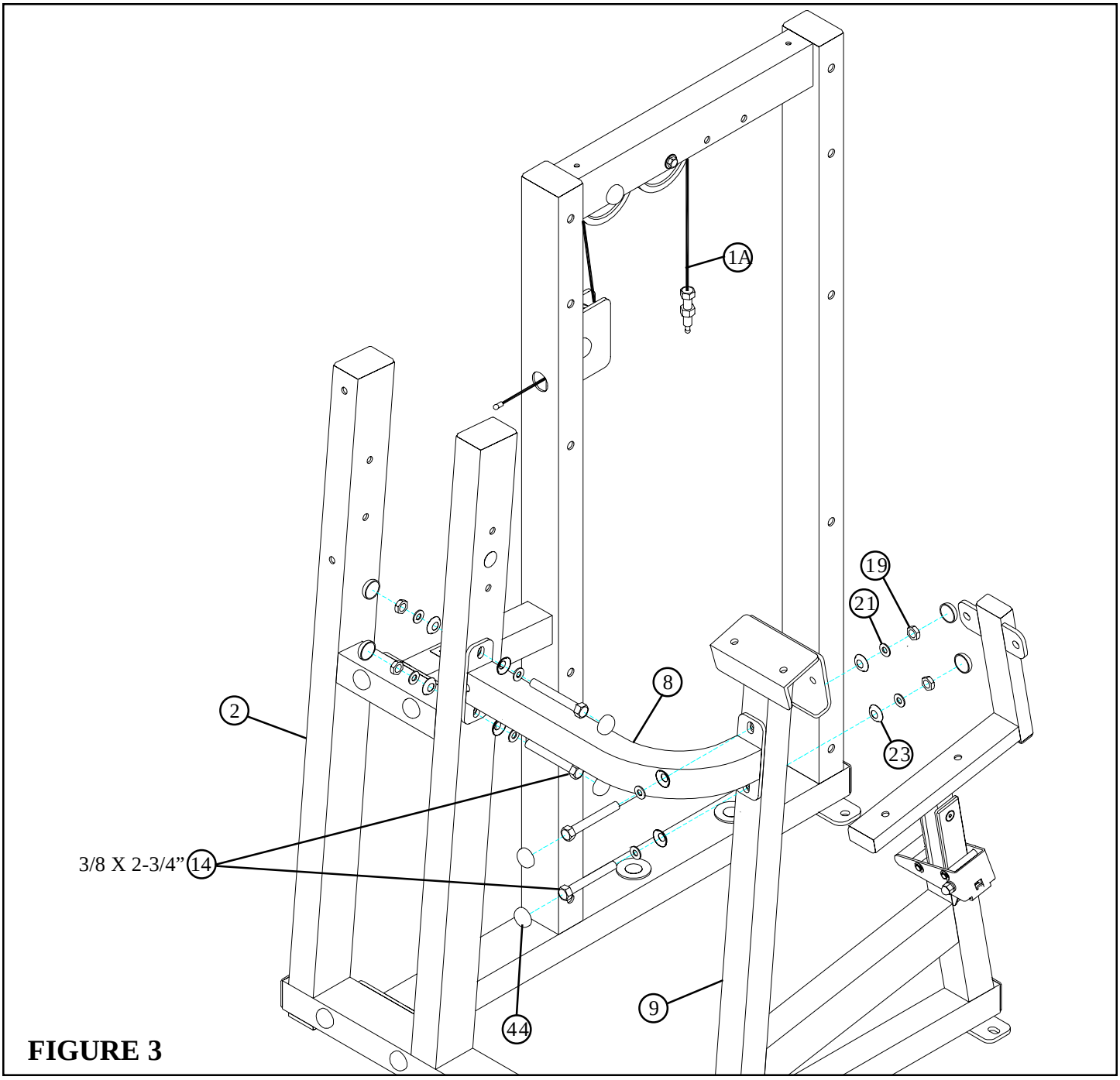
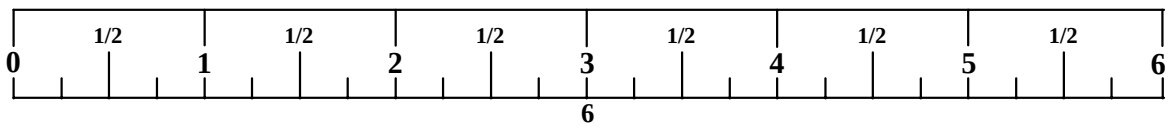


FIGURE 3

STEP 3:

- **LOOSELY** assemble the CROSS SUPPORT (8) to the ARM SUPPORT (2) and SEAT FRAME (9) using eight RH CAPS (44), four 3/8 X 2-3/4 BOLTS (14), eight 3/8” SAE WASHERS (21), eight 3/8” RH WASHERS (23) and four 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 3.
    - **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (44) over the RH WASHERS (23) on all tightened connections.**



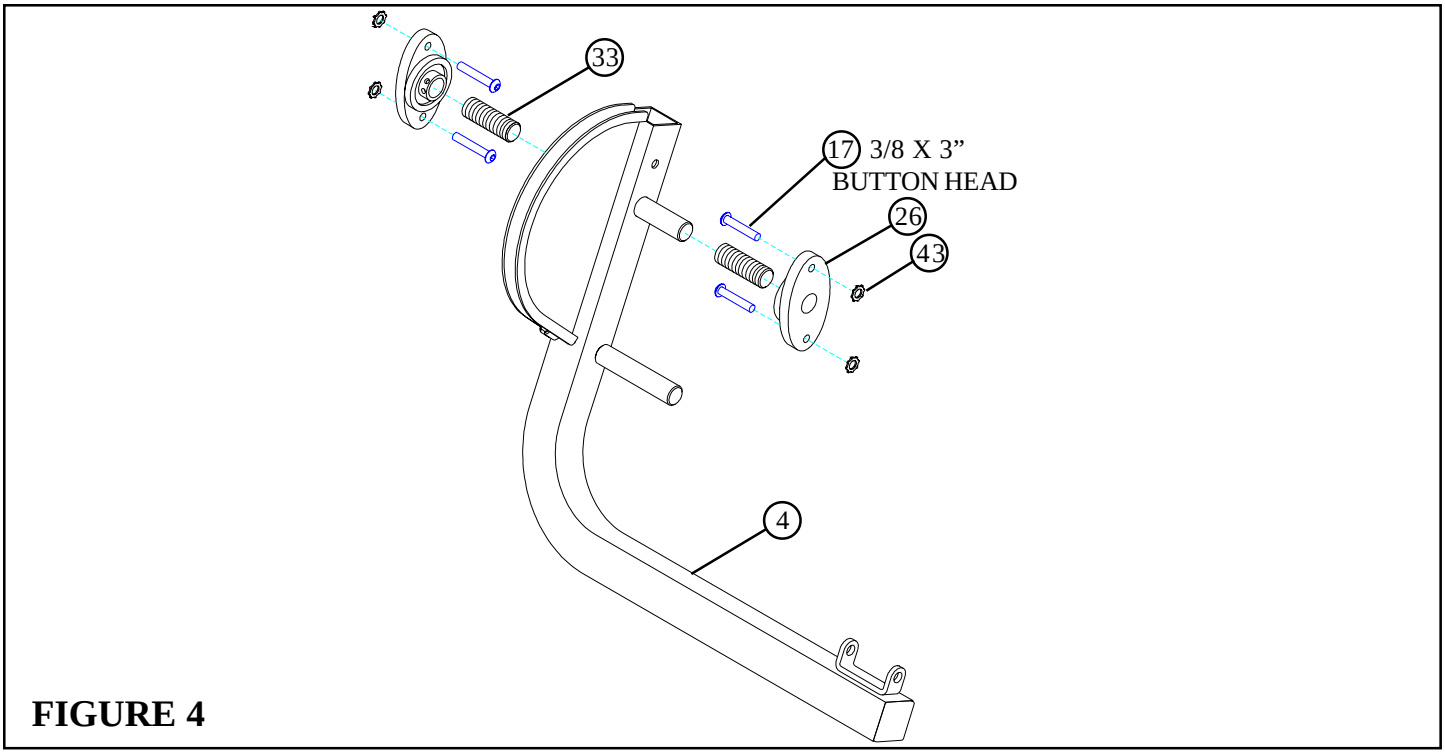


FIGURE 4

STEP 4

- Slide two ACCORDION SLEEVES (33) and two PILLOW BLOCKS (26) over the PIVOT ARM (4) as shown in FIGURE 4
- Assemble four 3/8 X 3” BUTTON HEAD CAP SCREWS (17) and four STARLOCK WASHERS (43) to the the PILLOW BLOCKS (26) as shown in FIGURE 4.

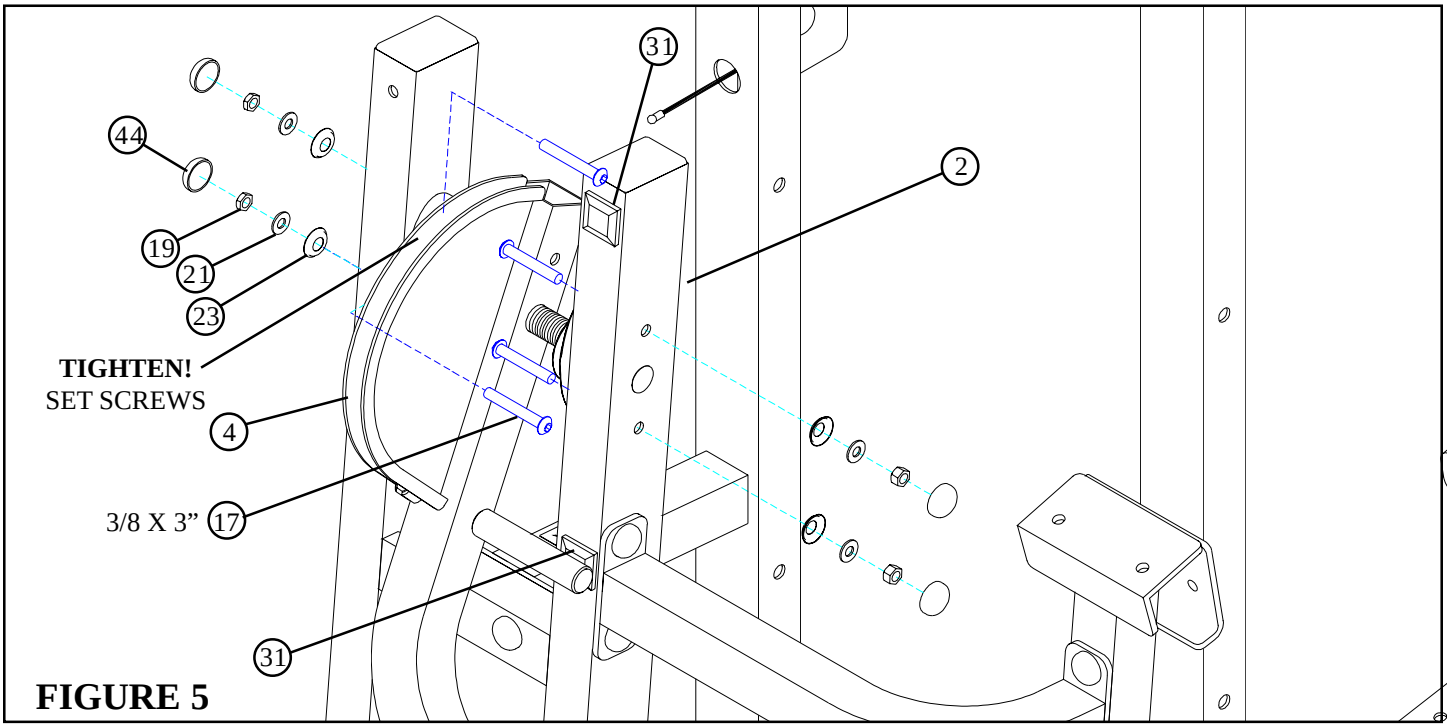


FIGURE 5

STEP 5:

- **SECURELY** assemble the PIVOT ARM (4) to the ARM SUPPORT (2) using four previously inserted 3/8 X 3” BUTTON HEAD CAP SCREWS (17), four RH WASHERS (23), four 3/8” SAE WASHERS (21), four 3/8” LOW HEIGHT LOCK NUTS (19) and four RH CAPS (44) as shown in FIGURE 5.
- **IMPORTANT!** When PIVOT ARM (4) is centered and level in the PILLOW BLOCKS (26), tighten the PILLOW BLOCK set screws.
- Attach two 1-1/4” RUBBER BUMPER (31) to the ARM SUPPORT (2) where the PIVOT ARM (4) shaft contacts tube in both directions.

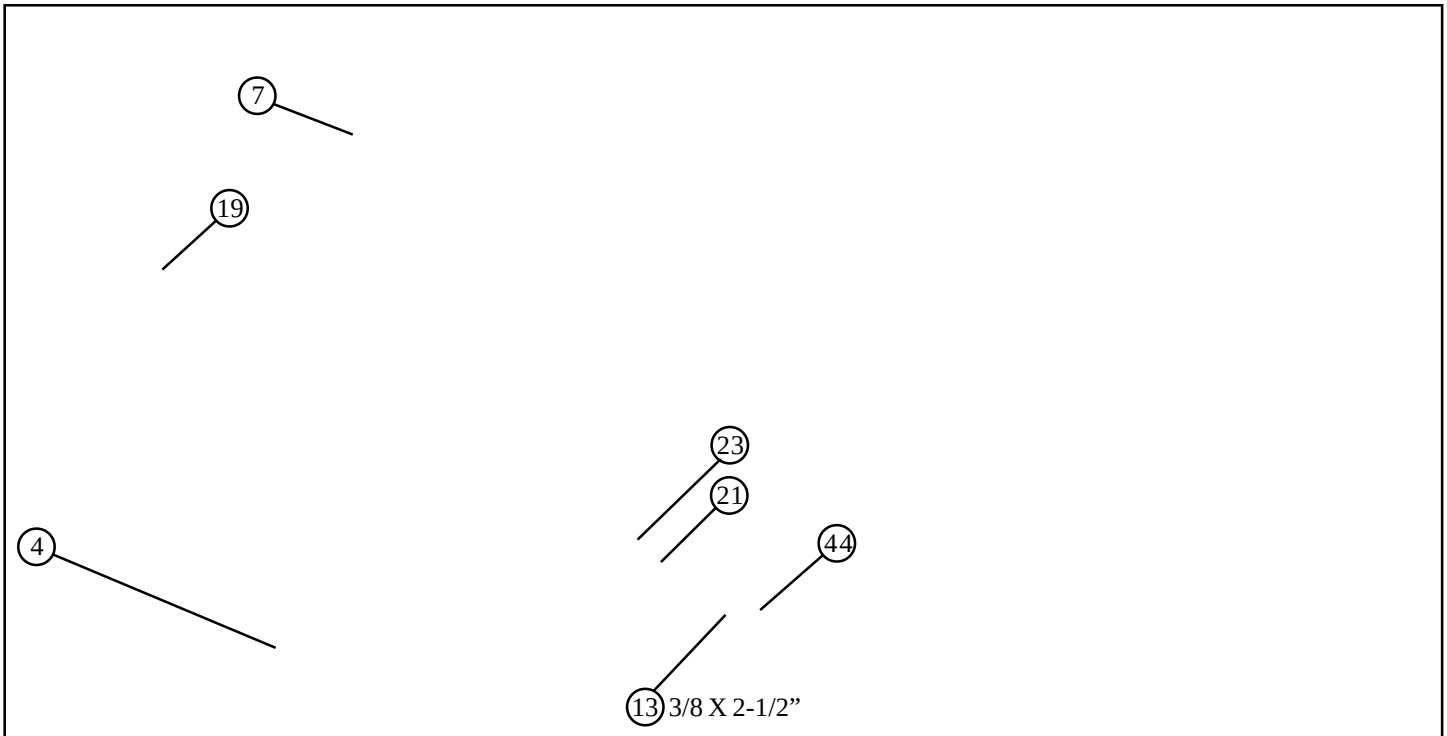


FIGURE 6

STEP 6:

- **SECURELY** assemble the COUNTERBALANCE (7) to the PIVOT ARM (4) using two RH CAPS (44), one 3/8 X 2-1/2” BOLT (13), two 3/8” SAE WASHERS (21), two 3/8” RH WASHERS (23) and one 3/8” LOW HEIGHT LOCK NUT (19) as shown in FIGURE 6.

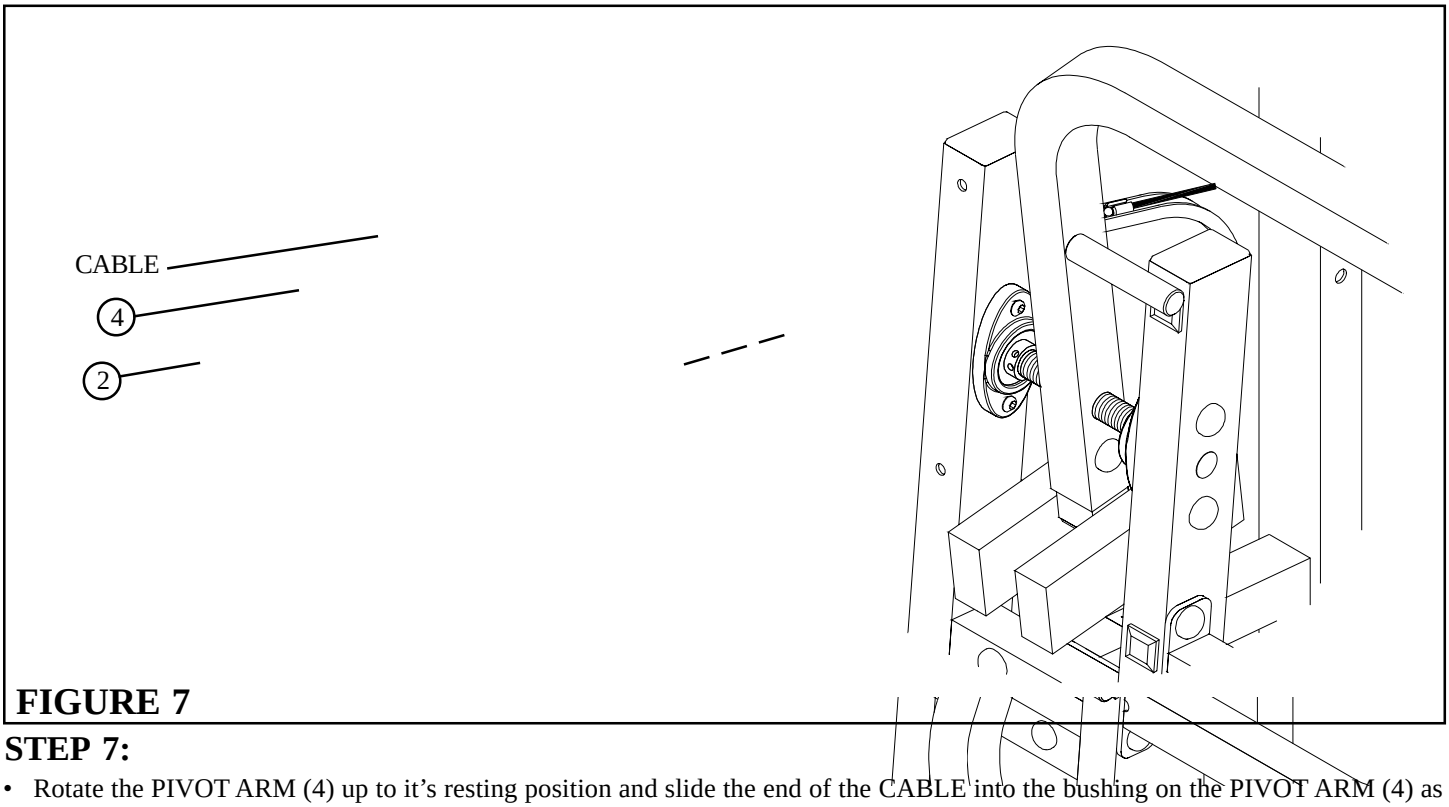
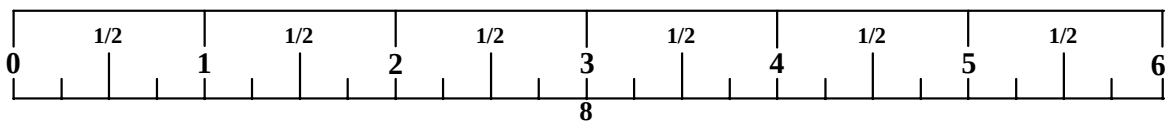


FIGURE 7

STEP 7:

- Rotate the PIVOT ARM (4) up to it’s resting position and slide the end of the CABLE into the bushing on the PIVOT ARM (4) as shown in FIGURE 7.



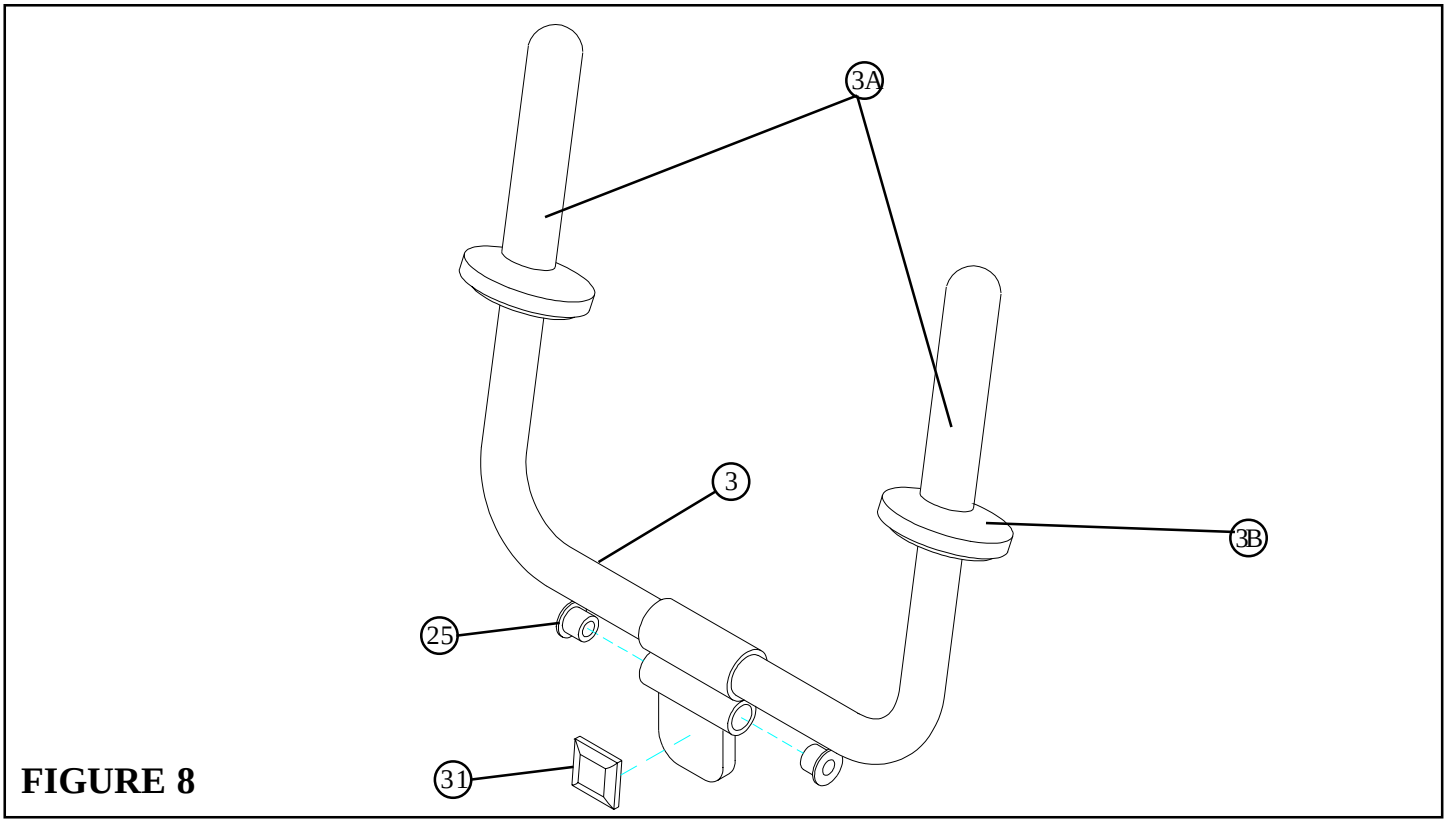
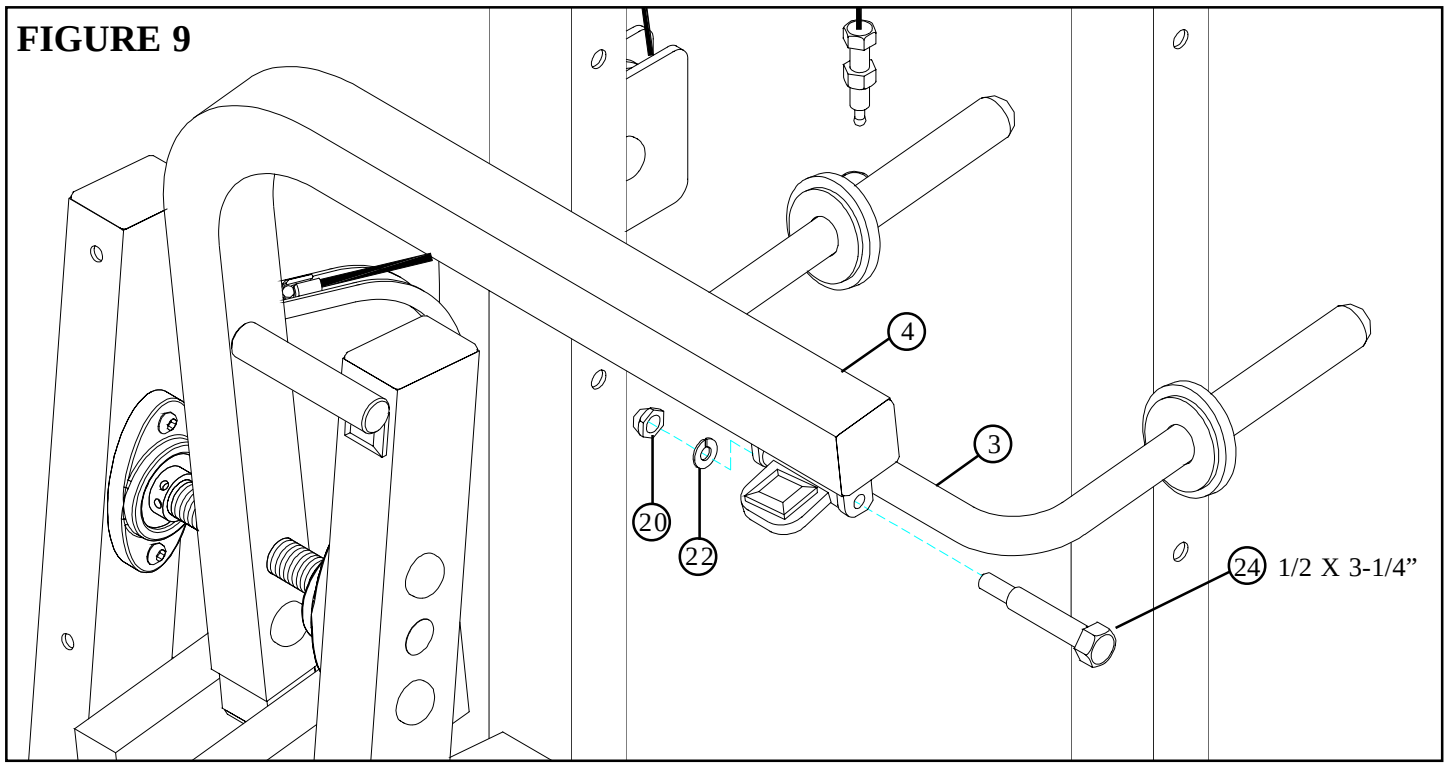


FIGURE 8

STEP 8:

- Insert two 1/2” FLANGE BEARINGS (25) into the HANDLE (3) as shown in FIGURE 8.
- Attach one 1-1/4” RUBBER BUMPER (31) to the HANDLE (3) as shown in FIGURE 8

FIGURE 9



STEP 9:

- Assemble the HANDLE (3) to the PIVOT ARM (4) using one 1/2 X 3-1/4” SHOULDER BOLT (24), one 3/8” LOCK WASHER (22), and one 3/8” ACORN NUT (20) as shown in FIGURE 9. **(NOTE: Tighten enough to allow HANDLE to rotate freely.)**

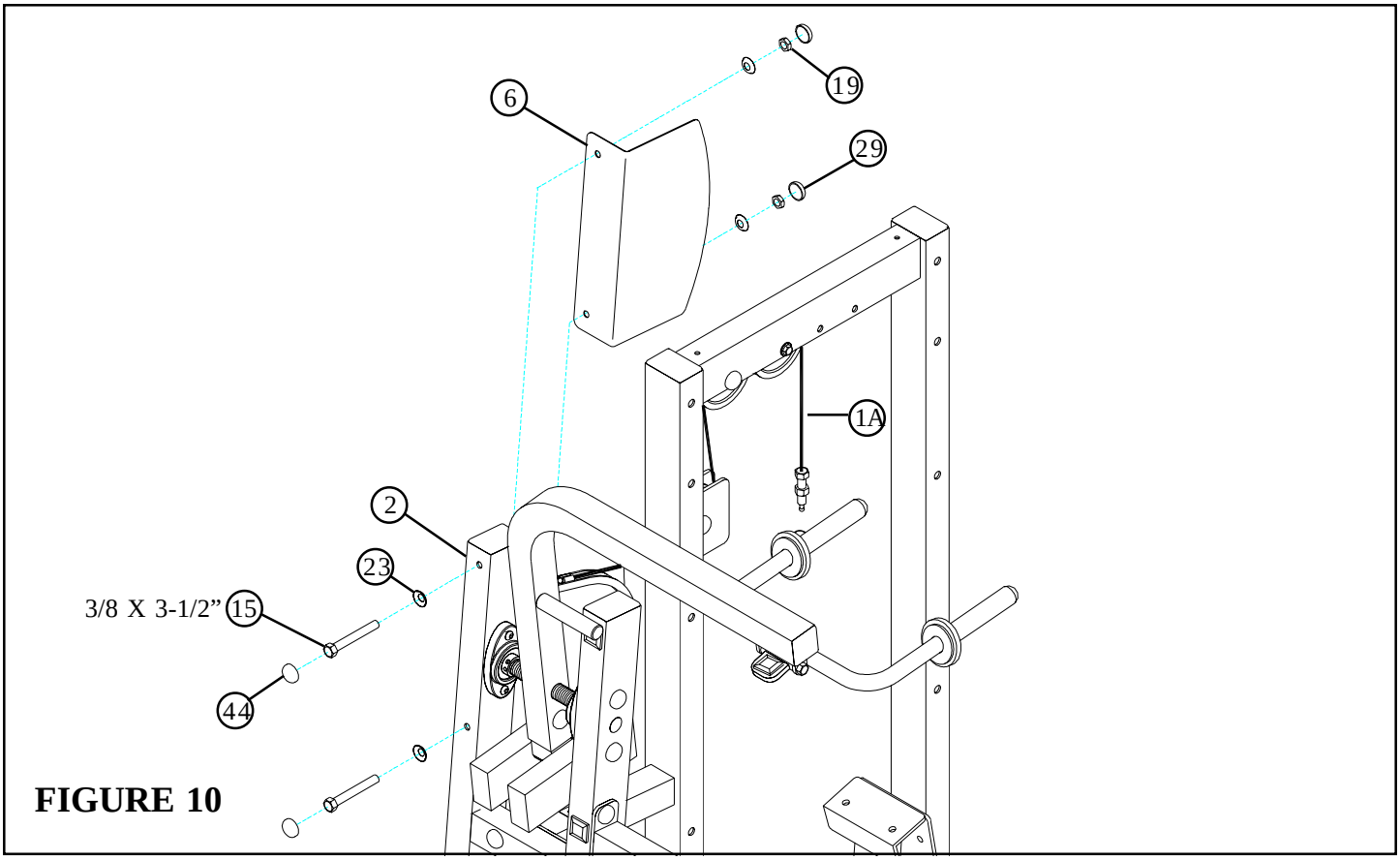


FIGURE 10

STEP 10:

- **SECURELY** assemble the CAM SHROUD (6) to the ARM SUPPORT (2) using two RH CAPS (44), two BLACK RH CAPS (29), two 3/8 X 3-1/2" BOLTS (15), four 3/8" RH WASHERS (23) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 10.

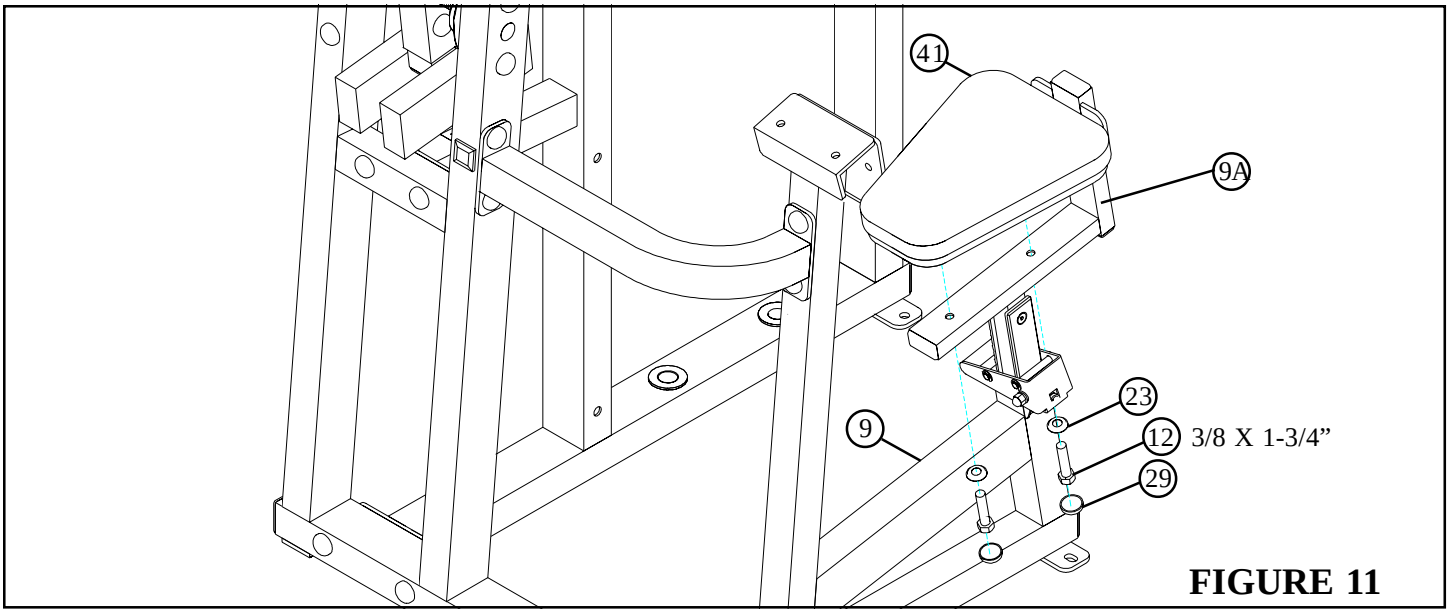
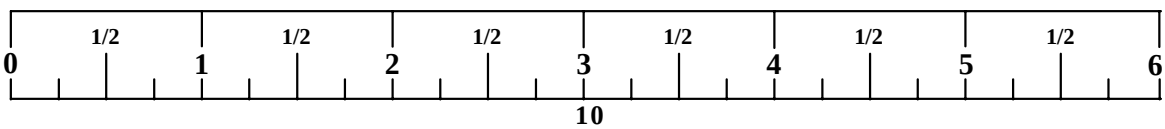


FIGURE 11

STEP 11:

- **SECURELY** assemble the SEAT PAD (41) to the seat adjust on the SEAT ADJUST (9A) using two BLACK RH CAPS (29), two 3/8 X 1-3/4" BOLTS (12) and two 3/8" RH WASHERS (23) as shown in FIGURE 10.



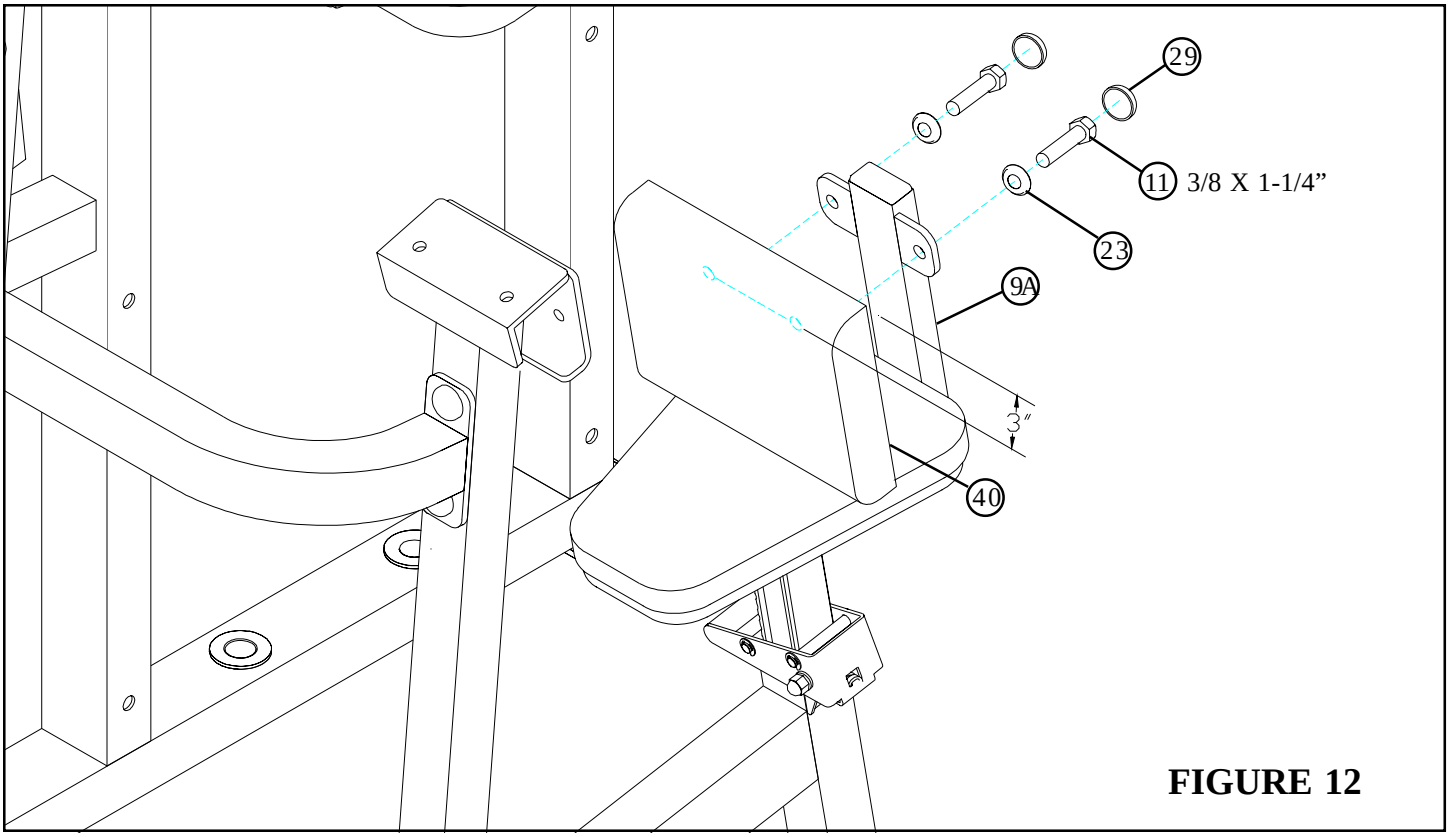
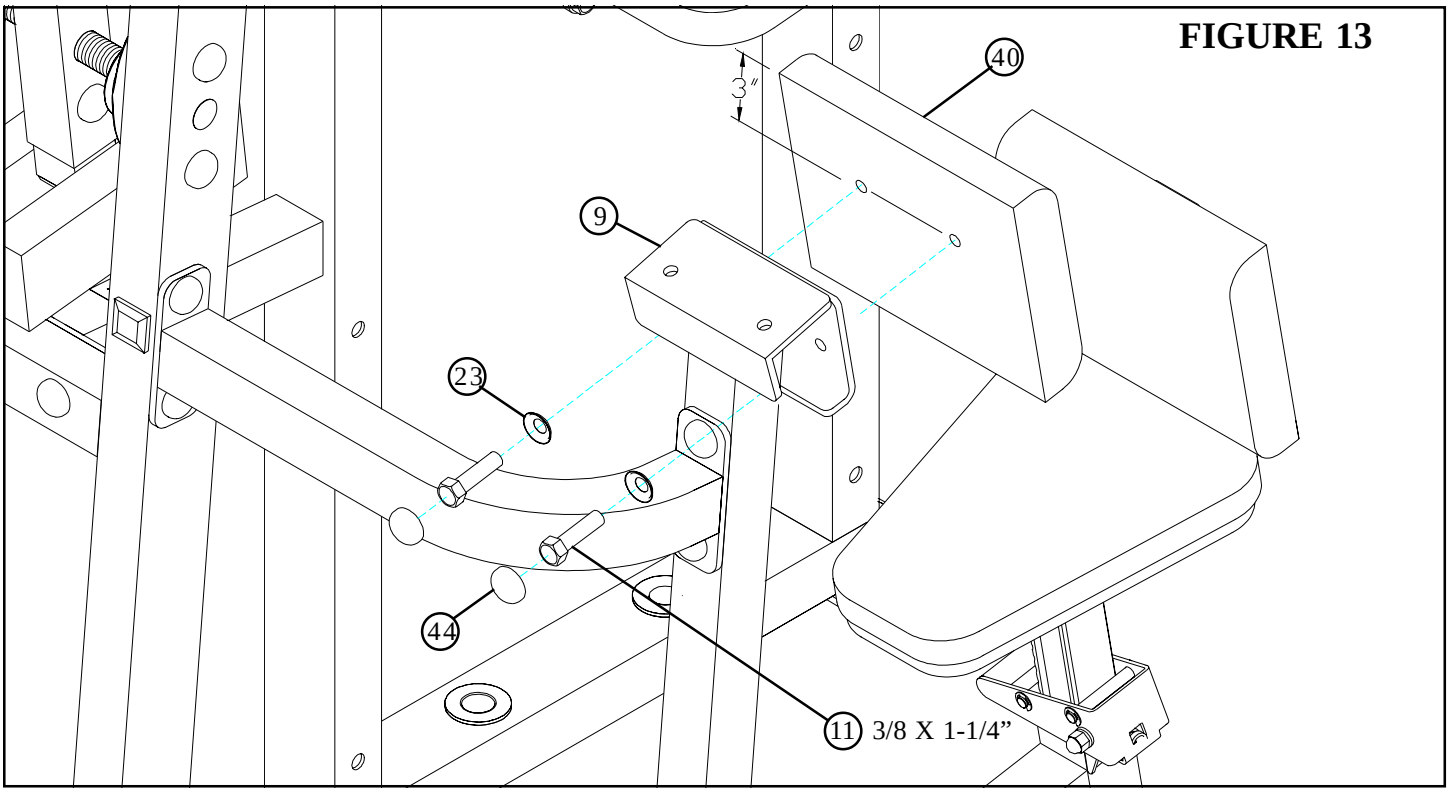


FIGURE 12

STEP 12:

• **SECURELY** assemble the CHEST/ARM PAD (40) to the SEAT ADJUST (9A) using two RH CAPS (29), two 3/8 X 1-1/4” BOLTS (11) and two 3/8” RH WASHERS (23) as shown in FIGURE 12. **(Note the the direction of the hole pattern on pad.)**

FIGURE 13



STEP 13:

• **SECURELY** assemble the CHEST/ARM PAD (40) to the SEAT FRAME (9) using two RH CAPS (44), two 3/8 X 1-1/4” BOLTS (11) and two 3/8” RH WASHERS (23) as shown in FIGURE 13. **(Note the the direction of the hole pattern on pad.)**

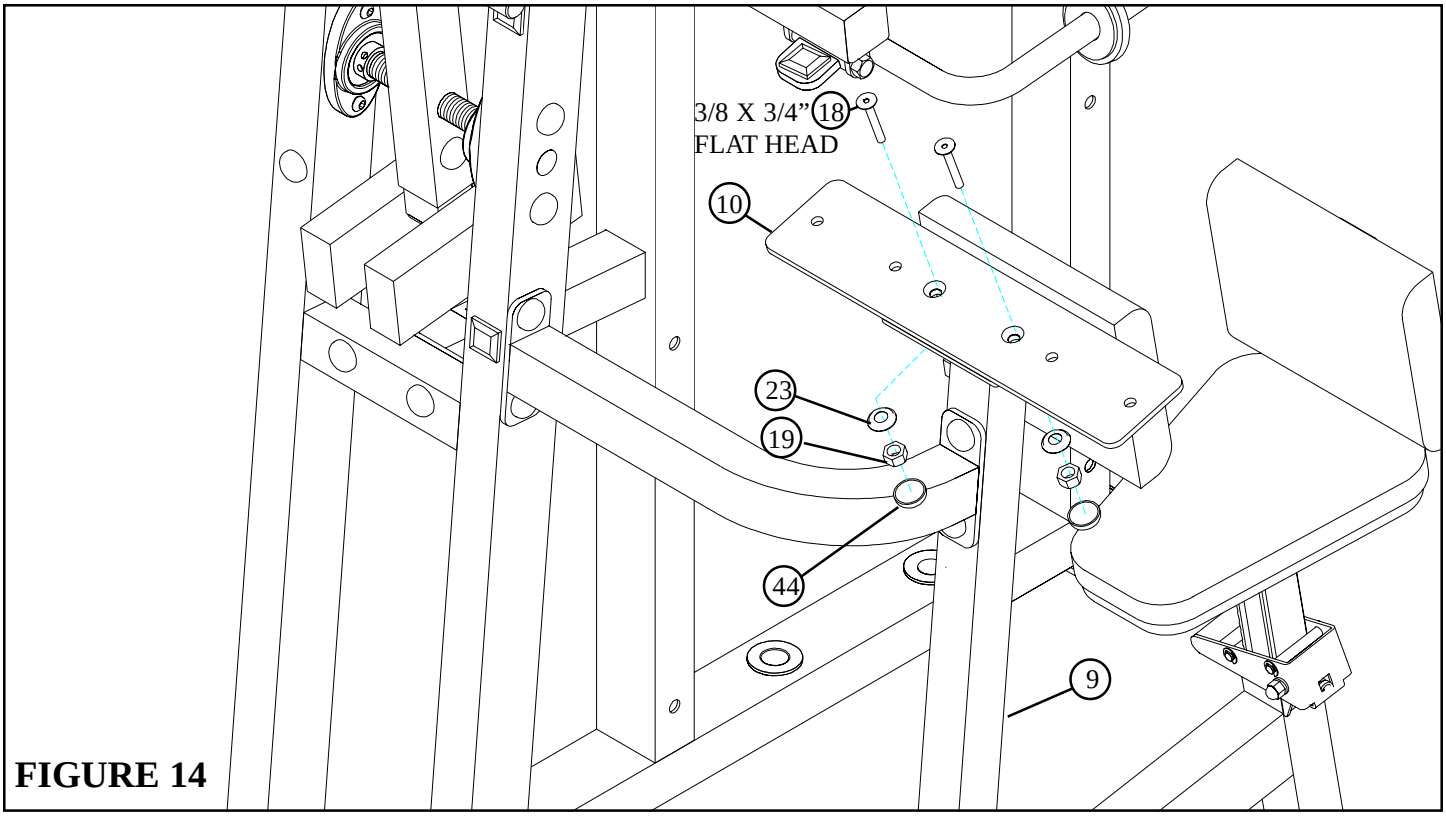


FIGURE 14

STEP 14:

- **SECURELY** assemble the 4 X 18" PLATE (10) to the SEAT FRAME (9) using two 3/8 X 3/4" FLAT HEAD BOLTS (18), two 3/8" RH WASHERS (23), two 3/8" LOW HEIGHT LOCK NUTS (19) and two 3/8" RH CAPS (44) as shown in FIGURE 14.

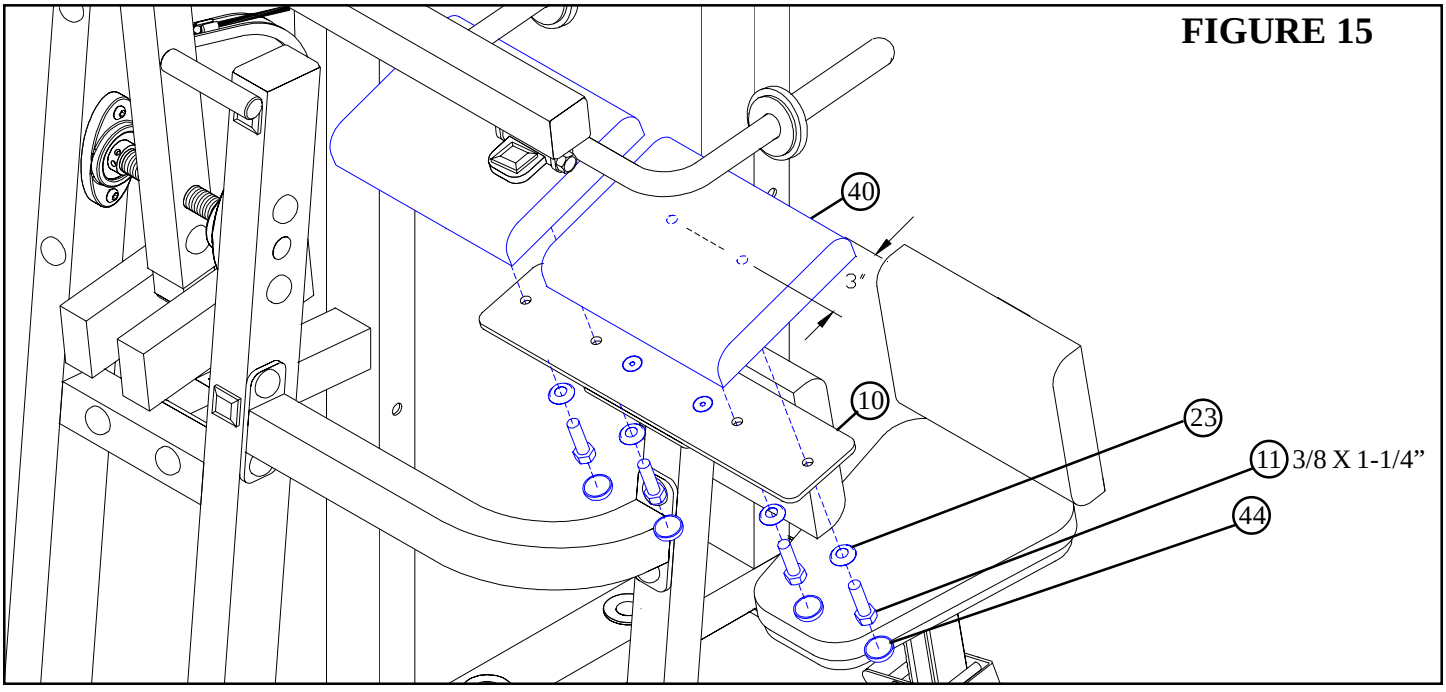


FIGURE 15

STEP 15:

- **SECURELY** assemble two CHEST/ARM PADS (40) to the 4 X 18" PLATE (10) using four RH CAPS (44), four 3/8 X 1-1/4" BOLTS (11) and four 3/8" RH WASHERS (23) as shown in FIGURE 15. **(Note the direction of the hole pattern on the pads.)**

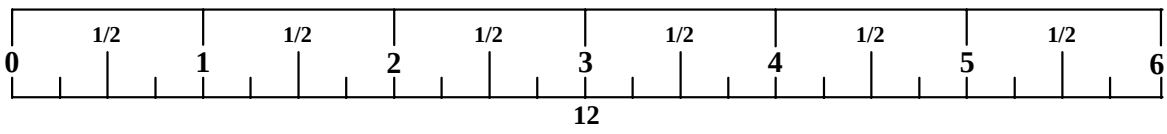
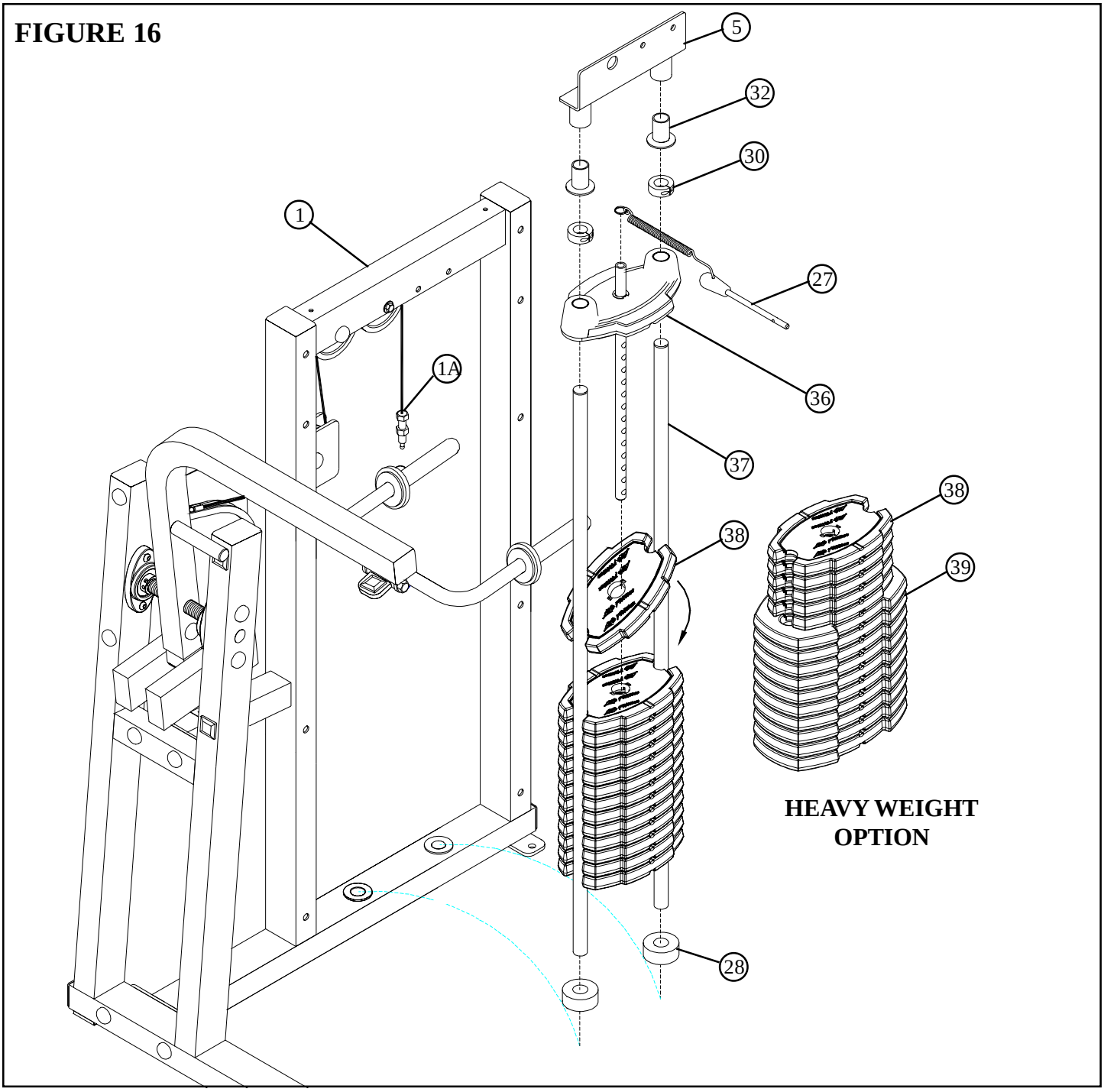


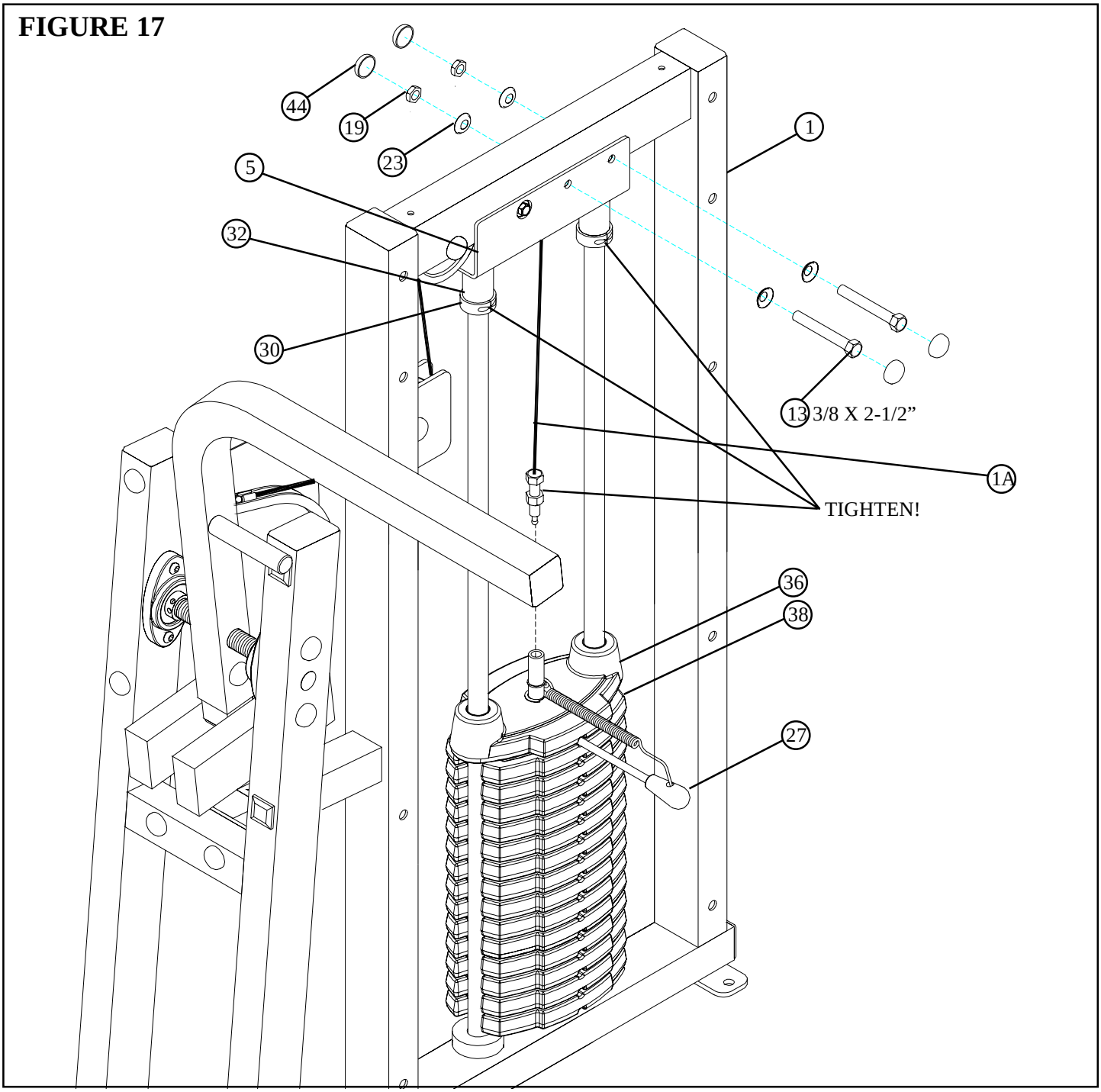
FIGURE 16



STEP 16:

- Insert the two GUIDE RODS (37) (found in SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 16. Lubricate the GUIDE RODS (37) with a slicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (28) down over the GUIDE RODS (37). See FIGURE 16.
- Using **EXTREME CARE** place fifteen 10 LB. WEIGHT PLATES (38) over the GUIDE RODS (37) as shown in FIGURE 16.**(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (39) over the GUIDE RODS (37) first, then slide five 10 LB. WEIGHT PLATES (38) over the GUIDE RODS.)**
- Carefully Slide the HEAD PLATE (36) down over the GUIDE RODS (37) onto the weight stack as shown in FIGURE 16.
- Slide one WEIGHT STACK SELECTOR PIN (27) over the shaft on the HEAD PLATE (36) as shown in FIGURE 16.
- Slide two 1" SHAFT COLLARS (30) over each GUIDE ROD (37) as shown in FIGURE 16.
- Slide two GUIDE ROD BUSHINGS (32) over each GUIDE ROD(37).
- Place the GUIDE ROD SUPPORT (5) over the GUIDE RODS (37) as shown in FIGURE 16.

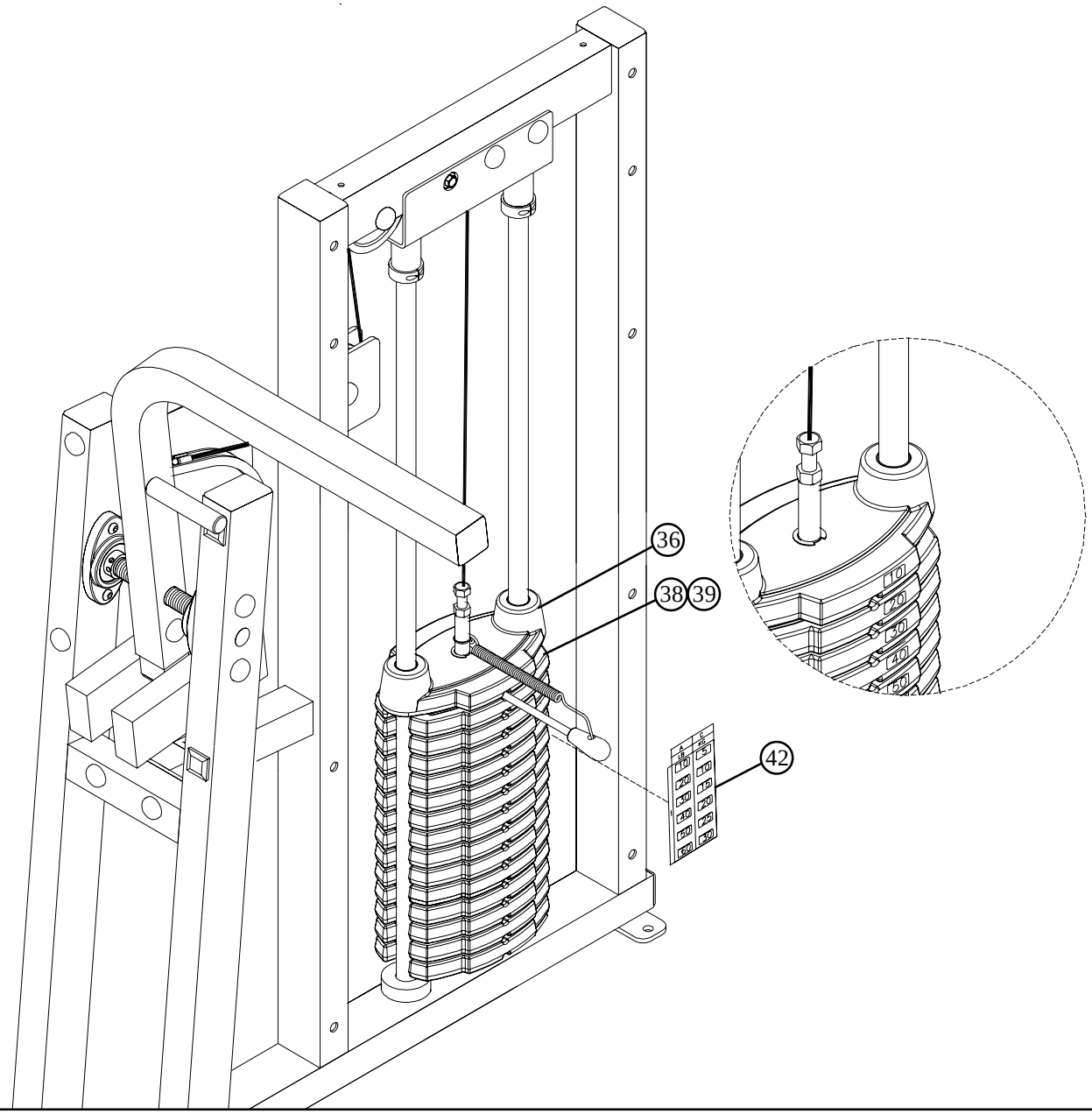
FIGURE 17



STEP 17:

- **SECURELY** assemble the GUIDE ROD SUPPORT (5) to the TOWER (1) using four RH CAPS (44), two 3/8 X 2-1/2” BOLTS (13), four 3/8” RH WASHERS (23) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 17. **(NOTE: Be sure to route cable through the hole of the GUIDE ROD SUPPORT (5) before tightening.)**
- Slide GUIDE ROD BUSHINGS (32) into the tubes on the GUIDE ROD SUPPORT (5), slide 1” SHAFT COLLARS (30) underneath the GUIDE ROD BUSHINGS (32) and **SECURELY** tighten the set screws.
- Screw the treaded end of the CABLE approximately 1” into the end of the shaft on the HEAD PLATE (36) and tighten jam nut securely. See FIGURE 17.
- Insert the WEIGHT STACK PIN (27) into the WEIGHT STACK as shown in FIGURE 17.
- If the HEAD PLATE (36) does not sit on top of the first WEIGHT PLATE (38), push the head plate down, insert the SELECTOR PIN (27) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (36) from lifting up.
- If after completing previous step the HEAD PLATE (36) still does not sit on top of the first WEIGHT PLATE (38) or if there is excess slack in the cable system, adjust the threaded end of the CABLE accordingly and retighten the jam nut.

FIGURE 18



STEP 18:

- The WEIGHT STACK LABEL sheet (42) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.
- Peel the backing off the WEIGHT STACK LABELS (42), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (38 or 39), starting with the HEAD PLATE (36) as shown in FIGURE 18.
- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

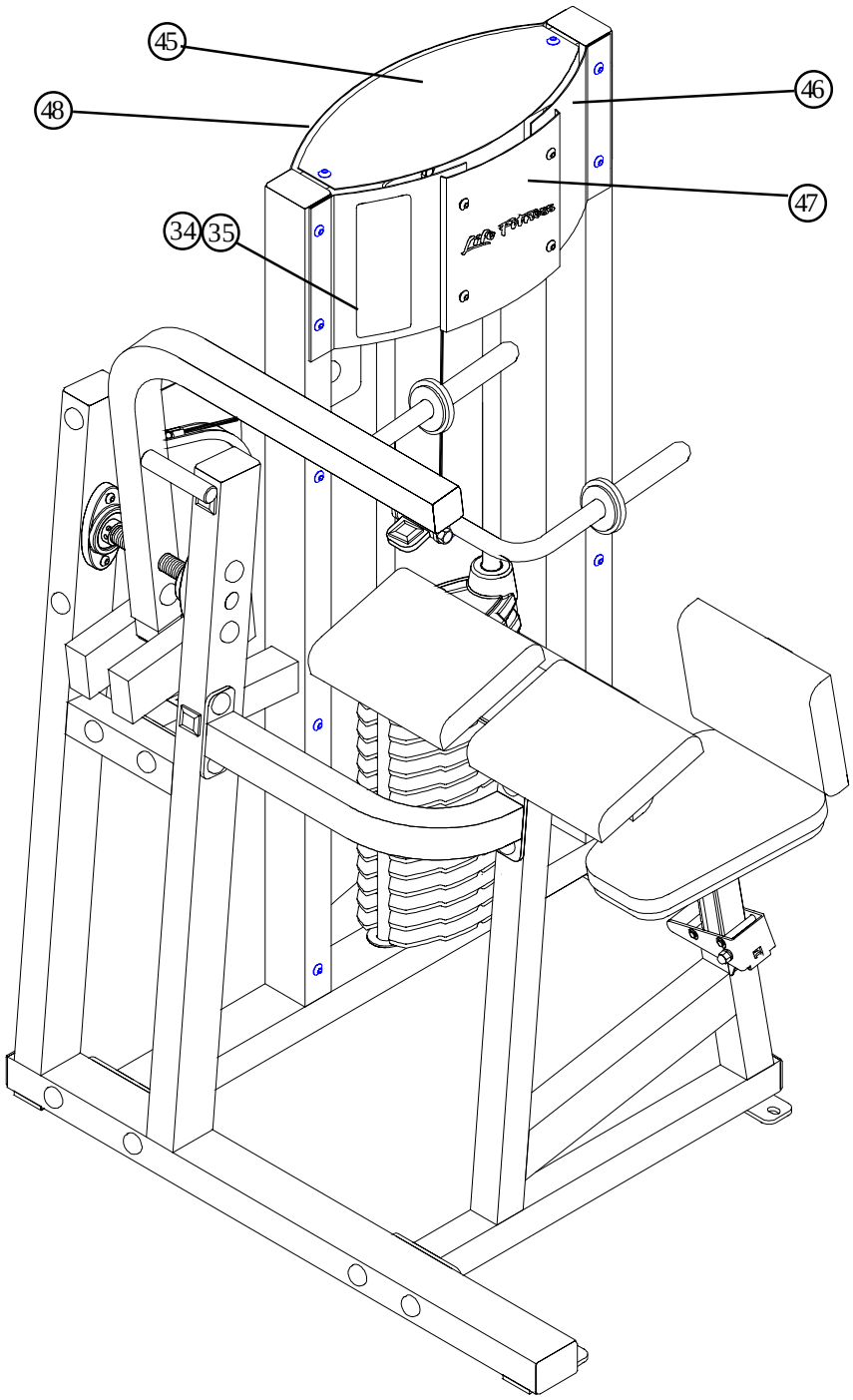


FIGURE 19

STEP 19:

- Assemble the PLACARD LABEL (34) or the FOREIGN LANGUAGE PLACARD LABEL (35) to the FRONT SHROUD as shown in FIGURE 19.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint purchased from your LifeFitness customer service representative at (800)328-9714.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES TRICEP. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 328-9714.